

Brown Rice Pudding⁷⁵

Number of Servings: 75 (199.71 g per serving)

Amount	Measure	Ingredient
3 1/4	gal	Milk, 1%, w/add vit A & D
8.00	cup	Rice, brown, med grain, ckd
3 1/4	tsp	Spice, cinnamon, ground
3 1/4	tsp	Spice, nutmeg, ground
3 1/4	cup	Sugar, brown, packed

Nutrients per serving

Nutrition Facts

Serving Size (200g)

Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 80mg **3%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 6g

Vitamin A 6% • Vitamin C 0%

Calcium 20% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

PREPARE DAY BEFORE: this recipe must cool to thicken

Potentially Hazardous Food. Food Safety Standard: Chill after preparation. Hold for service at temperature of 40 degrees or less.

1/3 cup white sugar may be substituted for each 1/4 cup brown sugar in recipe